THE TOLL OF TERROR

Number of deaths rises in Brussels, Pakistan

metroNEWS

Toronto metro

Your essential daily news | TUESDAY, MARCH 29, 2016

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SOCIAL MEDIA

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URBAN/ UNITED

Project advocates for precarious workforce: Independent contractors, part-timers, self-employed entrepreneurs and creative types

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Joan Lillian Wilson has joined a new support group called the Urban Workers Project aimed at helping young precarious workers. TORSTAR NEWS SERVICE

Condo K9s left out in the cold

BALCONY LAWS

Petition calls for city to make it illegal — like in Mississauga

Luke Simcoe
Metro | Toronto

Don't leave Bowser on the balcony.

That's the message a Toronto photographer is sending to local condo residents — and the city.

Nicole Simone, a self-described animal lover and the woman behind the Redemption Dogs photo series, has created a petition calling on the city to make it illegal for dog owners to leave pets unattended on a balcony for longer than an hour.

"A balcony is not a yard," she said, noting dogs stranded on balconies can face extreme weather conditions, violate noise bylaws, damage property by defecating or urinating — or even fall to their deaths.

Simone started the petition Friday and it's since garnered nearly 800 signatures.

"I've had many people reach out and tell me their stories of watching dogs die a slow death next to them on a balcony and there was nothing they could do," she said. "There needs to be a law so that if someone sees something they can report it."

Earlier this month, a dog was spotted on the 16th-floor balcony of a condo in Liberty Village during sub-zero temperatures. Facebook posts said the animal was howling loudly and scratching at the door to get inside.

A concerned resident reportedly flagged down a police officer, who rescued the dog.

The dog left on a balcony in Liberty Village. FACEBOOK

Simone said the case illustrates why Toronto's bylaws need to be changed. At present, owners can leave their animals outside indefinitely, provided they have some shelter and access to water.

She believes Toronto should follow in the paw-steps of Mississauga, which recently overhauled its animal cruelty laws to prevent owners from tethering dogs outside for longer than four hours.

"There's no reason we can't have the same laws as Mississauga," Simone said.

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Your essential daily news

Shots fired at U.S. Capitol; suspect and bystander injured. **World**

Repulsed by mourning selfies

While his brother's body lay inside a casket nearby, Doug Ford walked the long line of mourners outside city hall on Monday, smiling and posing for selfies with supporters. The former councillor's behaviour didn't sit well with everyone; some on social media even accused him of using Rob Ford's death to bolster his own political brand. Let us know your thoughts via readers@metronews.ca.

LUKE SIMCOE METRO

Christina Follow

For Doug Ford there are six stages of grief, one of which is self promotion. #topoli

GREAT SCOTT! Follow

"My hearts been ripped right out, and.....say cheese!"
-Doug Ford

Scott Dagostino Follow

Has Doug Ford climbed up on Rob's casket and pumped his fists in the air yet? I feel like we're only moments away.

St. Patrick's MGK Follow

Doug Ford's "mourning" face suspiciously looks like his "I want to be mayor" face

A Wolf at the Door Follow

Doug Ford is milking Rob Ford's death. Great

Doug Ford posed for selfies with supporters while the body of his late brother, former mayor Rob Ford, was lying in repose at city hall on Monday. TWITTER/DAVID NICKLE/METROLAND MEDIA

IMPACT

A Ford Nation farewell

They have lined up before — for a Ford Nation T-shirt or bobblehead, for a quick cellphone picture or to shake the hand of Toronto's most infamous mayor.

On Monday, Rob Ford's most dedicated supporters, nearly 300 by lunchtime alone, lined up at city hall to say goodbye — a few words, a blown kiss, a hand on the casket draped in Toronto's official flag.

"He wasn't in politics for himself. I think he was in politics to help the people, the little man that needs help," said Hyacinthe Huron, 65.

Huron, wearing the T-shirt she kept from the Ford family's annual Ford Fest barbecue, was one of the early mourners to stand outside in line.

"I think he was a good man and we've lost a very good leader," she said. "He could have become prime minister of Canada, but cancer said no."

A dozen young men wearing their green and gold Don Bosco Eagles uniforms arrived as a group, heads bowed. Ford, their former coach, revelled in the afternoon practices, at times skipping city hall duties for the gridiron.

He was dismissed from coaching in 2013 after controversial comments, including that many players "come from gangs." School-board documents also revealed Ford showed up intoxicated and had players roll in "goose scat" as punishment.

Like his voters, the players have never blamed Ford for any of it. TORSTAR NEWS SERVICE

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#WeTheBest

Fans feeling the difference as the Raptors set to wrap up their greatest season ever

Kyle Lowry points down court during a game against the Pelicans in New Orleans on Saturday. TORSTAR NEWS SERVICE

Gilbert Ngabo
Metro | Toronto

There's an unfamiliar basketball buzz brewing in the North.

Despite being unable to get their 50th win Monday night, the Toronto Raptors are set to wrap up the best season in franchise history, and those who've seen the team from the get-go are relishing this year's success with a bundle of hope for the future.

"We are watching the best Raptors team we've ever had, no question about it," said Daniel Reynolds, a longtime team fan and manager of RaptorsHQ, a local basketball community website.

With a little over two weeks remaining in the regular season, the lone Canadian NBA team has given its fanbase a lot to celebrate — from hosting this year's all-star weekend with two local participants to record-breaking wins in a single season. The team is set to finish the campaign as one of the top two best teams in the Eastern Conference, with a division title for the third consecutive year.

Reynolds has also observed something different. With wins piling up, the team's confidence has soared, the cohesion to their identity is stronger and the camaraderie among players has followed.

"It's kind of what we saw last year with the Blue Jays. It's so much fun to see," he said.

On top of the usual leadership of DeMar DeRozan and Kyle Lowry, the team also benefitted from recently added pieces, especially on the defensive end, said IT veteran and Raptors blogger Brian Boake.

"Bismack Biyombo has come from nowhere to be a formidable force," he said, noting this is the most complete team roster he's seen in Raptors history.

As the post season draws near, Boake — whose family has been season ticket-holder since 1995 — believes the Raptors can beat anybody save maybe the Golden State Warriors.

"As fans we have every reason to be more confident now than ever before," he said. "Honestly, anything less than a trip to the conference finals would be a disappointment."

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Ontario

CRIME

Shooting victim identified

Police have identified the man killed in a Leslieville shooting last week as 29-year-old Ceyon Carrington.

Carrington was found suffering from multiple gunshot wounds in an alleyway near Carlaw Ave. and Queen St. E. around 10 p.m. on March 23. He later succumbed to his injuries in hospital.

Friends of the victim identified him on social media after the incident, and said that he was on his way to a recording studio when he was shot. Police confirmed Carrington's identity in a released statement Monday.

According to police, the victim was approached from behind and shot multiple times after getting out of a taxi with a friend. A passerby then tried to administer first aid before emergency responders arrived.

Police are looking for a male suspect, described as black, between 5 foot 8 and 6 feet with a medium build. He was wearing dark clothing and fled the scene in a newer-model black Hyundai sedan with tinted windows. TORSTAR NEWS SERVICE

Ceyon Carrington CONTRIBUTED

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Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

Group criticizes media coverage

LAHORE

T.O. Pakistani community says attack not taken seriously

Gilbert Ngabo
Metro | Toronto

Members of the Toronto Pakistani community feel the plight of Lahore victims isn't being taken as seriously as it should be.

"I'm not calling it racist, but you can see the difference," said Irfan Siddiqui, 28, who grew up in Lahore until his family moved to Toronto in 2000.

"It's as if the value of life in a third world country is not the same as that of the first world country."

The Lahore park in eastern Pakistan was crowded with families celebrating Easter Sunday when there was an explosion. A total of 72 people died, and hundreds were injured. Hours later, a Taliban group in Pakistan claimed it carried out the attack, which targeted Christians.

Prime Minister Justin Trudeau was among the first to tweet a message condemning the attack.

But the community feels the tragedy has largely been ignored, especially compared to last week's uproar that followed the Brussels attacks.

"It's human life and it's gone. It should matter the same, no matter where it happens," said Siddiqui.

Kulsoom Sayed, another member of the local Pakistani community, echoed the observation.

"It wasn't even like big breaking news in mainstream media. It was just part of the daily news," she said, adding the magnitude of loss was even larger in this case than in Brussels.

Left: Pakistani residents light candles to pay tribute to the victims of the March 27 suicide bombing, in Karachi. Above: **Irfan Siddiqui.** PHOTOS AFP/GETTY IMAGES; CONTRIBUTED

She especially noted the absence of the city's support, whether about the CN Tower and the Toronto sign changing colours in show of solidarity or even local politicians tweeting and reaching out in support of the community.

> **It's human life and it's gone. It should matter the same.**
> Irfan Siddiqui

"When it comes to humanity, you cannot be selective," she said.

Members of the Pakistani community in Toronto are organizing commemorative gatherings in the coming days across the city. The Ryerson Pakistani Student Association will hold a candle lighting vigil Tuesday evening, and the Ahmadiyya Muslim community is holding prayer vigils through the week at the Vaughan mosque.

"We cannot imagine that anyone would kill innocent kids in the name of God, in the name of Islam," said Lal Malik, the group's president.

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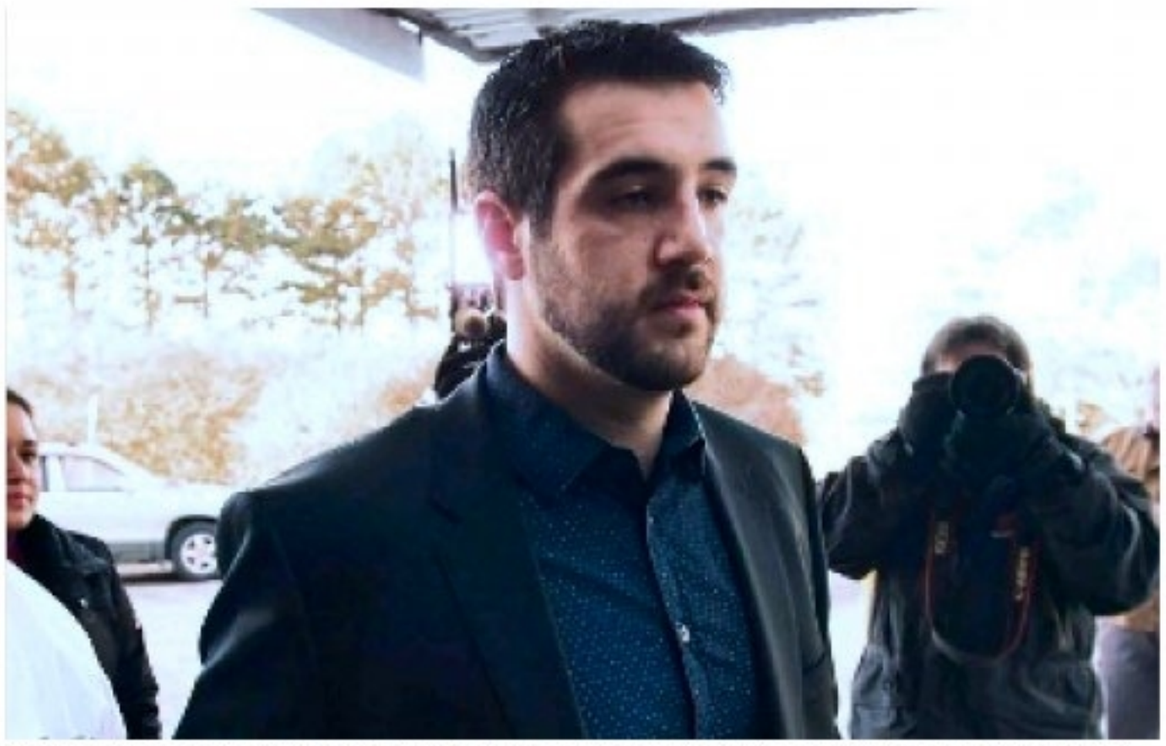

Marco Muzzo, seen arriving with family at the court house in Newmarket, pleaded guilty earlier this month to four counts of impaired driving causing death. NATHAN DENETTE/ THE CANADIAN PRESS

Muzzo sentence to be handed down

IMPAIRED DRIVING

Man speaks of similar 1998 crash ahead of sentencing

Ted Gross says he's a murderer. Not in the legal sense, but by his own definition.

"The only difference is that I used keys," he said.

On the night of May 31, 1998, Gross, who was 20 and impaired at the time, killed 21-year-old Melissa Hoeving when he ran a red light and crashed into her car. He was driving 137 km/h.

The Regina man was sentenced to three-and-a-half years in prison, a term he himself considers too light. But in the end, he said, he's serving a life sentence anyway.

"You would think the guilt has lessened, that it's not as prevalent, but the raw feeling of it is still there," he said. "It'll be a part of who I am till I die."

He shared his story before the sentencing Tuesday of Marco Muzzo, the 29-year-old King City man who pleaded guilty in February to impaired driving charges stemming from a crash that killed Daniel Neville-Lake, 9, Harrison, 5, Milagros, 2, and their 65-year-old grandfather, Gary Neville.

Sitting in the Newmarket courthouse, Superior Court Justice Michelle Fuerst is expected to hand down what could be one of the toughest sentences for impaired driving causing death in Canadian history.

The Crown is calling for a prison term of 10 to 12 years, while the defence is asking for eight years.

Gross is among a select group of people who can understand the court proceedings and public pressure from Muzzo's perspective. His case also bears some similarities.

He was the son of a former provincial cabinet minister and had a well-known criminal defence lawyer, thus facing accusations that money and privilege would have an effect on the case's ultimate outcome.

And, like Muzzo, his blood-alcohol content was three times the legal limit.

Gross, who was greeted by TV crews and reporters at the courthouse when he was granted bail, spent months inside a bubble, spending all his time at home with a supportive family, struggling to sleep at night.

TORSTAR NEWS SERVICE

BRAMPTON

Man held after mom stabbed

A Brampton man has been charged with attempted murder after being accused of stabbing his mother multiple times.

According to a statement by Peel Regional Police, officers were called to Sled Dog Rd., near Torbram Rd. and Countryside Dr., late Sunday after receiving a report "of a domestic related (sic) incident" involving a mother and son.

Peel police say they found a woman with stab wounds.
TORSTAR NEWS SERVICE FILE

After police arrived, they found the 46-year-old woman with stab wounds. She was taken to a trauma centre where she is now in critical, but stable condition.

Officers issued a warrant for a 21-year-old man and located him hours after issuing the suspect's description.

Rajvir Sajjan has since been charged with attempted murder and uttering threats to cause death.

Sajjan is scheduled to appear in a Brampton court on Tuesday for a bail hearing.

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OBITUARY

Longtime CFRB broadcaster dead at 92

Wally Crouter, a broadcaster who served as morning host of Toronto radio station CFRB for 50 years, has died at age 92. He passed away peacefully in his sleep Monday according to the radio station, which is now known as Newstalk 1010.

Wally Crouter CP

Crouter was born on Aug. 5, 1923, in Lindsay, Ont., and joined CFRB on Nov. 1, 1946 after serving with the Canadian Army in the Second World War and a brief stint with CHEX in Peterborough.

Over the course of a half-century, he became one of CFRB's most famous broadcasters and the city's top-rated morning host.

According to Crouter's son Glenn, Crouter would often stop to speak with people who recognized his father's voice instantly in public.

"He was an icon in Toronto. Whenever there was a big story, like Hurricane Hazel or the opening of the subway, Wally was there. Everyone listened and wanted to be on the Wally Crouter morning show," said Mike Bendixen, the station's program director.

"Decade after decade, Wally brought this comforting tone to his audience as he unpacked the day's news. It was like listening to a family or friend."

Crouter retired exactly 50 years later, on Nov. 1, 1996. He was later inducted into the Canadian Broadcast Hall of Fame.

"It's unheard of to have a career spanning that length, especially in radio," said Bendixen.

"He really was Canada's longest-serving morning radio man."

Crouter is survived by his wife Lynne, sons Dale and Glenn, daughter Janice, and five grandchildren. TORSTAR NEWS SERVICE

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From left, Morry Guttman, Abigail Slater, George Popper and Kim Becker, are hoping to bring Noelle "Lydiane" Gnonsio to Toronto. TORSTAR NEWS SERVICE

Woman's life on hold

RESETTLEMENT

Would-be refugee stuck in Ghana due to red tape

Noelle Gnonsio. CONTRIBUTED

Noelle "Lydiane" Gnonsio will never forget April 16, 2011. That day she was gang-raped by pro-president thugs in her native Ivory Coast, a brutal attack that left her with HIV.

After fleeing to Ghana with her family, the young woman has waited anxiously at a United Nations refugee camp, hoping for a fresh start in a new country.

Last spring, she felt she won the lottery when she was selected for resettlement to Canada by the Office for Refugees at the Catholic Archdiocese of Toronto, and by Canadian sponsors Kim Beckman, her husband, George Popper, and their friends, Abigail Slater and Morry Guttman — total strangers to her at the time.

But that dream was dashed when the Canadian visa office in Accra rejected Gnonsio's application, saying information she provided at her interview was inconsistent with details in her refugee claim and sponsorship application.

"She is already a part of our family, and it made me heartsick to know that she would have to endure more difficult weeks and months in the refugee camp while we attempted to have her application reconsidered," said Beckman.

Beckman, a lawyer, and Popper, an architect — whom Gnonsio, 29, calls Mother Kim and Father George — said visa post officials overlooked the young woman's emotional and physical vulnerability at the interview — and the possibility details had been miscommunicated through an interpreter in Gnonsio's first language, French. They note that both the UN and the Archdiocese have deemed Gnonsio a legitimate refugee.

They pray Canadian immigration officials reassess her case.

Immigration officials said Gnonsio was interviewed on Oct. 26, 2015, and was offered the opportunity to respond to questions about the inconsistent information she had provided to the visa officer.

Popper, once a refugee himself — his family came to Canada from Hungary in 1957 — said he and Becker were drawn to the profile of Gnonsio, a single woman stranded in the Ampain refugee camp in Ghana.

"We are extremely concerned about her well-being. We hope and pray she can come and start a new life and leave the old, terrible past behind," said Popper.

TORSTAR NEWS SERVICE

> **It made me heartsick to know that she would have to endure more difficult weeks.** Kim Beckman, sponsor

Bringing the runway to Regent Park youth

GEORGE BROWN COLLEGE

Fashion hub will be a job and educational opportunity

Gilbert Ngabo
Metro | Toronto

George Brown is coming to Regent Park, and it's bringing opportunities.

With the opening Tuesday of a fashion hub in the community, which has had problems with poverty and is on the up, the school is targeting the youth in Regent Park for better education and employment opportunities.

The Fashion Exchange is set to offer community-based skills training to people aged between 18 and 29, in a 16-week program about apparel fit techniques and industrial power sewing.

It is also an opportunity for the school to provide manufacturing support to local companies and designers, for the production of short runs and samples, said head of fashion school Marilyn McNeil-Morin.

"Being right in the community lifts the barriers and allows us to be more accessible," she said, noting many in the low-income communities are unable to join the mainstream universities and colleges.

George Brown's fashion school has already been working in collaboration with Regent Park community, and 150 youth have gained entry-level skills through the program.

The services are expected to enable growth of local small brands as well as develop capacity and expertise for production in Toronto.

Having the facility right in the heart of the community brings an added connection to it, said McNeil-Morin. Especially in the fashion industry, there's a growing need to know the history behind the making of clothes, she said.

"We realize that increasingly people want to buy made-in-Canada clothes," she said, stressing the importance of helping up-and-coming local designers.

"But they're also asking questions like who is making these clothes and how are the workers treated?" she said.

"There's this whole local accountability attached to it."

Right: George Brown fashion student Yang Qing Chou arranges garments created by her colleagues. **Above:** First-year fashion student Lauren Van Damme helps with preparations for the opening of George Brown's new Fashion Exchange facility.
LIZ BEDDALL/METRO

Car-free condo the 'next logical step'

REAL ESTATE

Fifteen-storey development skirts 'outdated' parking bylaws

Luke Simcoe
Metro | Toronto

No parking? No problem.

A boutique tower in Toronto's downtown core is set to become the city's second car-free condominium.

The 15-storey development at 24 Mercer St., which was recently given the go-ahead from the city after years of back and forth, will include 14 residential units — just one per floor — and absolutely no parking spots.

Nearly 30 bicycle parking spots will be provided, however. If residents really need a place to park, they'll be able to rent one from nearby developments.

"It's not that we're anti-car," said Deborah Scott, who is both the project's architect and developer. "It's just that when you live downtown, cars can be a problem. Parking is hard to find, and it's often faster to get around by transit or biking."

Scott's firm, Scott Shields Architects, bought the heritage property in 2005 to serve as an office. Prior to that, it was the headquarters of the car-sharing company Autoshare, a twist Scott finds appropriate.

75%

Number of downtown Torontonians who walk, cycle or transit to work.

As the area around the property continued to build up, Scott approached the city about developing the site. City planners initially balked at the proposal — a 2012 report called the lack of parking "an outstanding issue" — but eventually relented.

Top: A 14-unit development at 24 Mercer St. will be among the first new-build condos in Toronto to completely eschew parking spaces. LIZ BEDDALL/METRO

Right: The heritage façade of the building will be incorporated into the new design. COURTESY SCOTT SHIELDS ARCHITECTS

"Our parking bylaws are outdated and frankly unnecessary," said Ward 20 Coun. Joe Cressy, who's given up enforcing the city's zoning bylaws on parking. Instead, he's asking developers to contribute to infrastructure for cycling and walking.

"The bottom line for the vision of downtown Toronto is that people can live where they work. It's more sustainable and it doesn't require a car," Cressy said.

Years ago, developers would have been expected to build two or more parking spaces per unit. As downtown dwellers ditched their cars, that shrunk to 0.6 parking spots per unit, and developments like 24 Mercer are "the next logical step," said Ken Greenberg, Toronto's former director of urban design.

"Less parking is definitely a good thing," he said. "It's part of a bigger shift away from automobile dependence."

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Gig workers to get a voice

EMPLOYMENT

Project hopes to advocate for city's invisible workforce

There's no easy way to summarize what 26-year-old Joan Lillian Wilson does for a living, other than to say it involves a lot of slashes: graphic designer/photographer/activist. Part-time/contract/volunteer. No union/benefits/pension.

Sound familiar? Then you, too, might be a part of the city's invisible workforce. It's composed of independent contractors, part-time employees, self-employed entrepreneurs, and creative types — a disparate group that Toronto activists are now seeking to unite.

"There is a huge group of people who aren't being spoken to right now. So we are hoping to be a place for those people who are kind of outside of the political system," says organizer and communications consultant Stephanie Nakitsas, who is starting the Urban Workers Project with former NDP MP Andrew Cash.

Joan Lillian Wilson, left, Stephanie Nakitsas, centre right, and Mira Etlin-Stein, right, have joined a new support group called the Urban Workers Project founded by former NDP MP Andrew Cash, centre left, for young precarious workers. MELISSA RENWICK/TORSTAR NEWS SERVICE

The project, which launches Tuesday, hopes to bring together and advocate for workers who, until now, had no obvious way to connect — a demographic that, for many years, fell outside the scope of traditional union structures and often has little protection under the law.

Around half of all jobs in the GTA and Hamilton are now insecure, according to research by United Way and McMaster University. Young people entering the workforce increasingly find there is little in the way of stable employment on offer, Cash says.

Mira Etlin-Stein, who is about to give birth to her first child, says while newly configured world of work offers young people flexibility and freedom, the stress associated with chronic instability can also be crippling.

"I'm happy I'm doing what I'm doing because I love it and I think it's really meaningful," says the 31-year-old occupational therapist, who started her own business called Dream Weavers to help people with disabilities and mental health issues. "But I didn't graduate and think, this is what my life is going to be. I do so much for free all the time, work such long hours, and don't have any benefits."

One of the project's first campaigns will be to lobby for more rights for independent contractors, who currently have no protection under Ontario's Employment Standards Act. The group hopes to feed into the provincial government's current review of its employment and labour laws, giving young urban workers a say in the process.

TORSTAR NEWS SERVICE

GTA NEWS

Man, 65, charged in alleged sex assaults

A 65-year-old man from Toronto is facing charges in what police are describing as a historical sexual assault case. Police allege the assaults took place after two girls under the age of 10 were left alone with the man while he was staying at their home. Police say the girls were assaulted on numerous occasions, but did not indicate when the alleged offences took place. Hareon Riasat was arrested last week and is now facing nine charges.

THE CANADIAN PRESS

Man killed in Brampton tractor trailer crash

A two-vehicle collision in Brampton has left one male driver dead. Emergency responders were called to the scene near McVean Dr. and Queen St. E. around 1:45 p.m. Monday after a car and a tractor trailer collided. The driver of the car needed to be extricated. He succumbed to his injuries.

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SASKATCHEWAN

Hope blooms for women's shelters

When the new women's shelter in Melfort, Sask., is completed this spring, it will be the first shelter built in the province in more than 25 years and will meet a growing need for spaces for women escaping domestic violence.

Last week's federal budget has raised hopes that more projects like Melfort will spring up in areas where demand outstrips supply, including in the North.

The federal budget promised $89.9 million over two years that would allow 3,000 spaces to be renovated or created.

Lise Martin of the Canadian Network of Women's Shelters and Transition Houses said that if half the money went to new spaces, it would mean two new shelters for every province. Those facilities would address a shortfall in spaces that in just one day last year saw shelters turn away 302 women and 221 children because of a lack of resources, she said.

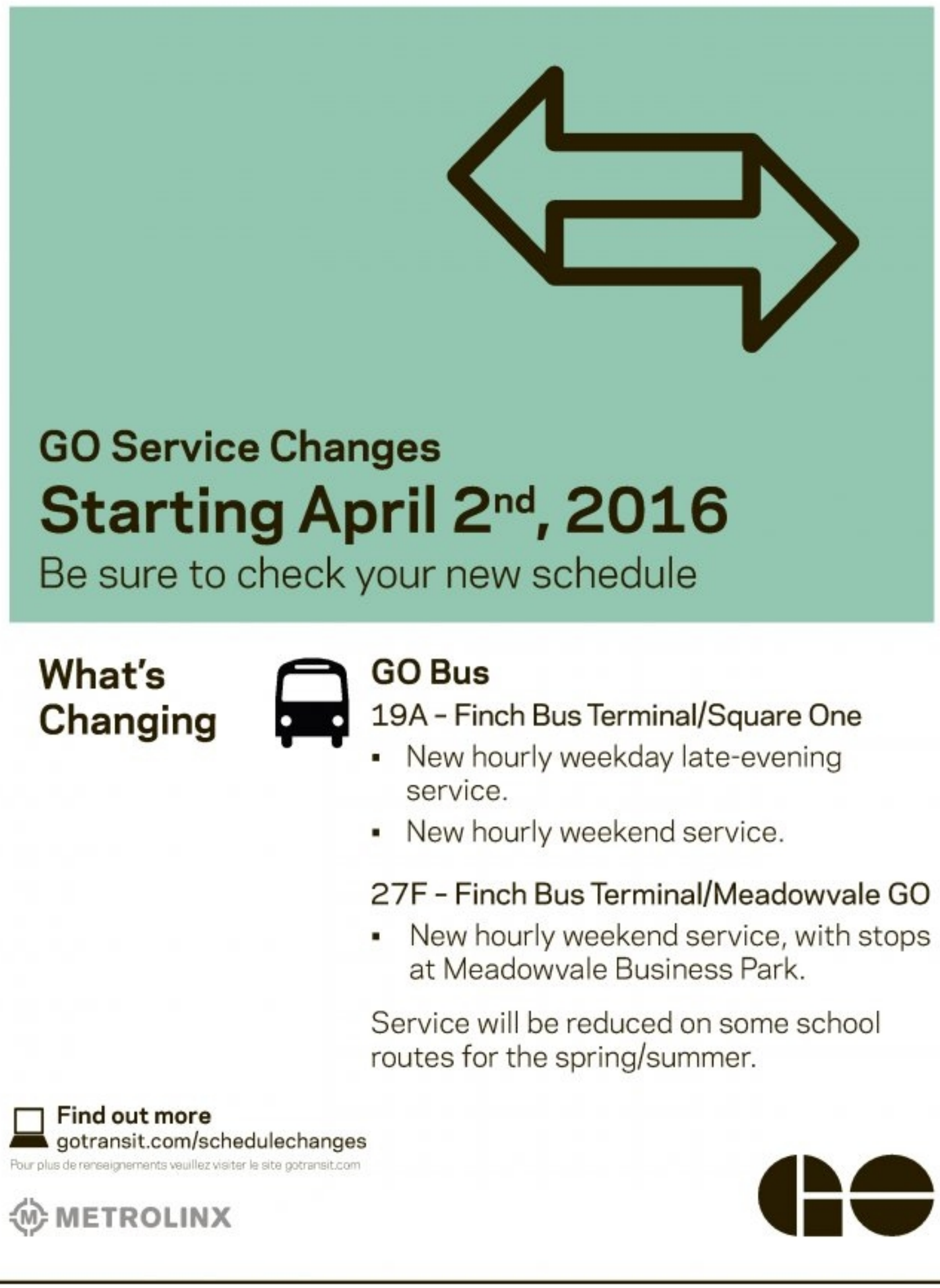
"The reality is yes, a lot of shelters are at capacity and the sad fact is, yes, there is a real need for greater creation of space," Martin said.

The number could be higher if provinces decide to provide matching funds, but the budget says the money will flow even without such a requirement.

In an interview earlier this month with The Canadian Press, Status of Women Minister Patricia Hajdu said the government wanted to create new spaces in communities that didn't have any domestic violence shelters, but was also looking to ensure there are more transitional spaces to help bridge women between emergency shelters and permanent housing.

Statistics Canada's most recent report on domestic violence shelters found there were 12,058 spaces in 2014, up about five per cent from the 11,461 available in 2010. The new federal spending would likely double that expansion rate in two years.

THE CANADIAN PRESS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METROLINX

During busy weeks, Auberon Wolf will collaborate with upward of 10 clients on their designs. DARRYL DYCK/THE CANADIAN PRESS

Turning hurt into art

THERAPY

Vancouver tattooist treats clients' trauma with colour

Clients with scars from traumatic surgeries, suicide attempts and abuse are turning to a Vancouver tattoo artist for healing inside and out.

Auberon Wolf designs tattoos around cut lines from self-injury, burn welts and traces of physical violence, painting them into symbols of empowerment.

"You just can't help but think, what can you put there to help the person feel more comfortable in their own skin," said Wolf. "What can I bring to that with love and care, that's more than just art?"

The process, which may take weeks or months, can be more therapeutic than the finished artwork, said Wolf, 29.

During busy weeks, as many as 10 clients visit Wolf's vibrant studio to collaborate, paying with cash or traded skills.

Wolf's "most intense" work has coloured over wounded flesh up to a finger's-width thick, while the artist hopes in the future to ornament burn scars featuring more ripple and texture.

One of Wolf's favourite pieces is a watercolour fractal sunflower on the arm of a friend who cut herself as a street kid, helping the woman let go of her past identity. Another features a pattern of morning glories creeping around a woman's ribs, which Wolf said sent her into spasms as the process evoked anguishing memories of a miscarriage.

"There's something inherently radical about people carrying trauma investing in themselves, even if it's going to take them to a painful or triggering place," said Wolf. "We can rewrite that moment." THE CANADIAN PRESS

IN BRIEF

Finance minister talks Canada Pension Plan

One's ability to retire in dignity is often driven "partially by luck," says Finance Minister Bill Morneau.

There's a role for government when someone in a private, defined-contribution plan — and who hasn't saved enough — happens to retire at a time when the stock market is down, he said.

He said he understands the financial challenges seniors face and that any Canada Pension Plan enhancement should be fully funded by those who will actually use it to avoid an "intergenerational wealth transfer." THE CANADIAN PRESS

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Refugees healthy, challenges remain

RESETTLEMENT

Study notes it will take time for conditions to present

The vast majority of the 26,000 Syrian refugees who arrived in Canada by the end of last month showed up healthy, newly published government data suggests.

But while the study by Public Health Agency of Canada staff said the newcomers posed no risk to public health, it noted it will take time for chronic medical and mental-health conditions to present.

The Immigration Department has published data on some of the newly arrived Syrians, but the public health study is the first comprehensive look at the entire group.

All applicants had medical exams as part of the program, though how many were rejected for medical reasons is unknown. The review found of those accepted, two had potential cases of non-infectious tuberculosis.

None tested positive for syphilis or HIV.

Ten were sent to hospital upon arrival for possible communicable diseases, though none ended up a concern to public health. Another 54 were hospitalized upon arrival for other urgent reasons.

"Large-scale refugee movements place pressure on healthcare systems, both in their immediate response and as part of long-term resettlement efforts," the study, published this month in the Canadian Communicable Disease Report, concluded.

The study observed refugees tend to under-report chronic health conditions for fear of being rejected and estimated about five per cent of the arriving Syrians have some kind ongoing health-care need.

Mental-health issues will also take time to surface, the report said.

It also found a number of children arrived with illnesses including cancers, seizures and developmental disorders. Malnutrition and children with intellectual disabilities were also observed.

The incidence of those appears to be higher than in the general Canadian population, said Dr. Anna Banerji, the pediatrician who screened Syrian children as they landed in Toronto.

In her day-to-day work with refugees, Banerji usually has time for a detailed physical exam, blood work, vaccinations and parasite checks.

With the Syrians, she was just putting out fires because of the volume of arrivals.

THE CANADIAN PRESS

1 Toothache patient Saly Samadi waits to be treated during a visit to a clinic run out of the Toronto Plaza hotel, where 500 government-assisted Syrian refugees are staying.
2 Nurse practitioner Ghazala Hussain and Dr. Alexa Caturay check Saly. TORSTAR NEWS SERVICE

DENTAL CARE

The report noted the most immediate need upon arrival was catching up on immunizations and dental care. In Toronto, more than 500 dental emergencies were addressed.

MEDICAL

Things to know about refugees' health care

The latest Canadian Communicable Disease Report examined the health of the 26,166 Syrian refugees who arrived between Nov. 4, 2015 and Feb. 29, 2016. Here are five things to know:

1. All Syrians were screened before they were accepted to come to Canada. While all would-be immigrants, including refugees, must have a medical exam, the Syrians were examined on the same day as their interviews and security checks were done, in order to speed up the process.
2. None of those accepted arrived with illnesses considered a serious danger to public health. About a third of the children who arrived in Toronto had common viral illnesses. There was also a flu outbreak among 450 Syrians who arrived in Edmonton in late January.
3. There were some surprises. While the UN had told Canada that the Syrians could have high medical needs, those needs weren't specified. It has since emerged that some children arrived with conditions ranging from seizures to cancers. Some were malnourished and others had intellectual disabilities.
4. There are still big question marks around long-term needs. The study notes that many refugees don't report chronic conditions for fear they won't be accepted. It estimates five per cent may have chronic conditions that will reveal themselves over time.
5. Health-care costs were covered immediately upon arrival. Syrians were Canadian permanent residents when they landed, so coverage under the Interim Federal Heath Program didn't apply to those who came as government-assisted refugees. THE CANADIAN PRESS

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U.S. Capitol on alert after shots fired, woman hurt

SHOOTING

Authorities say this was an 'act of a single person'

Police shot a man on Monday after he pulled a weapon at a U.S. Capitol checkpoint as spring tourists thronged Washington, authorities said. The suspect was previously known to police, who last October arrested him for disrupting House proceedings and yelling he was a "Prophet of God."

U.S. Capitol Police identified the man as 66-year-old Larry R. Dawson of Tennessee. He was charged with assault with a deadly weapon and assault on a police officer while armed, both criminal offences in the District of Columbia.

Dawson was taken to a local hospital, where police said he was in stable but critical condition. A female bystander also sustained non-life-threatening injuries.

After his arrest last year, Dawson was issued a "stay-away order" by D.C. Superior Court in October, telling him to keep away from the Capitol grounds, court documents show.

The U.S. Capitol was on lockdown for about an hour Monday and the White House also was briefly locked down. As the capital teemed with spring tourists in town to view the cherry blossoms, staff members and visitors to the Capitol were rushed into offices and told to shelter in place.

"We do believe this is an act of a single person who has frequented the Capitol grounds before and there is no reason to believe that this is anything more than a criminal act," Capitol Chief of Police Matthew R. Verderosa told reporters. He said it was unclear how many officers fired their guns. Initial reports had said an officer was injured but that proved wrong.

Verderosa said the suspect's vehicle had been found on Capitol grounds and was being seized. On Monday evening, all roads had been reopened and the U.S. Capitol complex had returned to normal operations, officials said in a statement.

George Washington University Hospital spokeswoman Susan Griffiths said it had treated one patient from the Capitol incident for minor injuries and planned to release the patient shortly, but she did not identify the person. THE ASSOCIATED PRESS

A police officer stands guard at the U.S. Capitol complex in Washington, D.C. on Tuesday after reports of gunfire. AFP/GETTY IMAGES

> "I felt like I was in a movie. It didn't feel real at all."
> Cathryn Leff

BELGIUM

Death toll rises in Brussels attacks

As the number of victims in the Brussels suicide attacks rose to 35, Belgian police released a video of a mysterious man in a dark hat seen in the company of the bombers who attacked Brussels Airport, indicating that he is still at large.

"Police are seeking to identify this man," the Belgian Federal Police's website said Monday.

The video's release came as a Belgian magistrate also ruled that a man identified as Faycal C., who was arrested during the police raids that followed the March 22 attacks, could be released.

Faycal C. was among those taken into custody and facing preliminary terror charges. Belgian media reported the man was the mysterious suspect in the white jacket and dark hat spotted with the two bombers at the airport the morning of the attacks. But the Belgian magistrate ruled that new evidence uncovered by investigators revealed there were no grounds to keep Faycal C. in custody and he was released, the Belgian Federal Prosecutor's Office said.

The Belgian Federal Police's website posted a 32-second video of the still-unidentified suspect as he wheels baggage through the terminal alongside the bombers. THE ASSOCIATED PRESS

JAMAAT-UL-AHRAR

Pakistan's PM vows to defeat militants

In an emotional televised address, Prime Minister Nawaz Sharif vowed Monday to hunt down and defeat the militants who have been carrying out attacks like the Easter bombing that targeted Christians and killed 72 people.

"We will not allow them to play with the lives of the people of Pakistan," Sharif said.

As the country began three days of mourning after Sunday' suicide bombing in the eastern city of Lahore, Sharif said the army would forge ahead with a military operation on extremist hideouts. Jamaat-ul-Ahrar, a breakaway Taliban faction that supports Daesh, claimed responsibility and said it specifically targeted Christians. But most of those killed were Muslims who also had been in the popular park for the holiday. Many women and children were among the victims, and dozens of families held funerals Monday. At least 300 people were wounded.

Pakistan has suffered a series of attacks in recent months, and Sharif said militants are hitting "soft targets" like playgrounds and schools because military and police operations are putting pressure on their operations.

The attack underscored both the militants' ability to stage large-scale attacks despite a government offensive and the precarious position of Pakistan's Christians. THE ASSOCIATED PRESS

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SEASON FINALE
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Budgeting apps not enough

FINANCE

Planner advises targets and overhauling spending habits

Budgeting has a lot of unpleasant connotations. It's associated with cutting back on fun and pouring everything into savings. Add to that the amount of work it takes to track your cash flow, and it becomes even less desirable.

Budgeting apps have been trying to change that, making finances less of a burden and more enjoyable. They're catering to a group of people who recognize the importance of keeping a budget but balk at the work required.

In order to get any benefit from apps, people need to change how they look at budgeting, according to Alexandra Macqueen, a financial planner who teaches and writes about personal finance.

> **The budgeting app alone is probably insufficient.**
> Alexandra Macqueen

"The budgeting app alone is probably insufficient. People need guidance and coaching on … how should I be spending," she said.

Most budgeting apps do one thing very well, and that's providing a detailed overview of where you're spending your money, Macqueen said. But that's only half the work.

"You can have apps that say 'Last month, I spent x dollars on y expenditure category' … but it isn't a spending plan. You need to have both components," she said.

A good budget needs both an overview and a plan on how to change spending habits so that more money is left over at the end of the month.

There's a common misconception that a spending plan basically means you don't spend money on frivolous items, but Macqueen said these "financial sins" shouldn't be such a large focus. Rather, that focus should be on meeting targets, like putting a certain percentage in savings or paying down debt.

"If your savings target is 20 per cent, and your emergency fund is fully funded, and you're paying down any debt you've got, then who cares if you're spending the rest of your money on Fabergé eggs and fur coats," she said.

Alexandra Macqueen says that in order for people to get any benefit from apps, they need to change how they look at budgeting. TORSTAR NEWS SERVICE

Other apps let users cede more control in order to meet those targets. Apps like Daily Budget Planner let the user set goals, and then give the user a daily allowance to spend. Whether an app like that is useful depends on the person, Macqueen said. Someone who thinks they need help controlling their finances can appreciate being told exactly how much to spend.

A financial plan doesn't necessarily have to be about chasing down every penny either, Macqueen said. Rather, it should feel empowering to have control over your money again.

"It's not cutting down on every penny. It's 'You're spending this much, are you getting what you think is an adequate payoff from that?'"

TORSTAR NEWS SERVICE

APPS

Which to choose?

Keeping a budget used to be hard. Now apps let people do many of these things automatically. Here are some apps trying to make sense of your cents:

Mint: This app lets users connect directly to their bank accounts, and monitors how money flows in and out. It also notifies you when credit card bills are due.

Goodbudget: This app works on an old-school method of budgeting — putting money in envelopes for spending categories, and tracking how much money is left in the envelopes. The app doesn't connect to bank accounts directly, but relies on users filling in each expense in the right category.

Daily Budget Original: This app asks users about their fixed income and costs, then gives them a daily budget they can spend. If you come under budget one day, the next day's budget increases, and those increases add up.

Fudget: Fudget focuses on balance — money in, money out. Users can input either an expense or an income, and the app keeps track of the balance.

TORSTAR NEWS SERVICE

ECONOMY

Canadian Senate studying impact of quickly falling loonie

The Canadian Senate is just as interested in the impact of the rapidly falling loonie as the rest of us. It heard from experts last month about the reasons for the drop in the dollar's value, as well as the impact on consumers and the economy.

Here's a look at some of report's findings:

Three-quarters: Proportion of the fall in the Canadian dollar's exchange rate attributable to the decline in energy prices, according to Royal Bank

$470: Canadian households' average savings at the gas pump in the first three quarters of 2015 compared to the same time frame in 2014

40 per cent: Maximum amount more Canadians have been paying more for U.S. made goods since the loonie's decline

13 per cent: Increase in the cost of produce from November 2014 to November 2015

$25 billion: Cost of the plunge in oil prices to Canada's economy

8 per cent: Increase in U.S. visitors to Canada between 2014 and 2015

$4-5 billion: The anticipated boost to the economy from more American visits north of the border and fewer Canadians spending their money south of it, according to TD Bank Group.

14 per cent: Increase in auto exports between 2014 and 2015

37,000: The number of manufacturing jobs created in 2015, the highest amount since 2012.

TORSTAR NEWS SERVICE

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metro VIEWS
Your essential daily news
Tuesday, March 29, 2016

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ABIGAIL PUGH

ON THE PSYCHOLOGY OF SEXUAL ASSAULT

“Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet it couldn’t happen like that.

An email to 20 friends gets the stories rolling in. Richly remembered, shyly told.

Viv*: “I went on a ‘date’ with a guy who took me back to his apartment. I was 18 maybe 19? I don’t know why I agreed to this. It’s not where someone goes ‘on a date.’”

Viv “could barely drink a beer” — and was raped after playing a drinking game. She has “one two-second memory” of it. “And then I just felt dirty all the time.”

She emails again to say that she’s shared this with nobody since: “Not my therapist, not my sister, not my husband.” She’s 43.

Laura was sexually assaulted by a friend’s grandfather at age 8. The man told the court it was “her fault” for wearing a “provocative outfit.”

Jess writes: “I remember one of my parents’ friends feeling my bum. I had that strange feeling of ‘What’s he doing that for? These are parents — yuk.’”

Here’s Sophie: “I was alone in France with a boy I was getting to know. For the first time that year I felt finally able to connect in French. All of a sudden he reached over and squeezed one of my nipples: hard enough to really hurt.”

Meet Amanda: “I went to university very young. One night, I went up to a man’s bedroom at a frat house: a bunch of other frat guys called me slut and poured beer all over me.”

Apart from the cornering, hurting and frightening in the fashion Ghomeshi was accused of, what do these memories have in common?

Viv recalls — question marks hers — “I acted like I wanted it?”

Jess: “I felt wanted and uncomfortable at the same moment.”

Amanda recalls: “I even saw that same guy again. When I told him I was a virgin, he said I had wasted his evening.”

* * *

Of course it would have been great if all three Jian Ghomeshi accusers had been clear on their afterstories. Yet — again, of course — it couldn’t happen like that. Were such truthtelling cultivated among us, three of these friends wouldn’t be footnoting their letters to me that I’m the first they’ve told (“not my husband, not a therapist”).

All the emails talk of a shameful sense of collaboration; of having bought attention and paid dearly, with currency that was ill-understood at the time. Of grappling with a state of mind we don’t yet even have clear psychological (let alone legal) language for. A friend says: “If there was a word to describe wanting to please your abuser — á la Stockholm syndrome — we could just say, ‘Oh, that is a normal reaction,’ not a ‘contradiction to her testimony.’”

If the prosecutor had his own experience of this commonplace sensation we don’t yet have proper terms for, along with the courage to bring it on board, he and the witnesses could have had rich conversations full not of the one-note terror the media so simplemindedly assumes “victimhood” to be, but of a whole reeking splatter of emotions (because sometimes truth isn’t tidy and sweet-smelling). Or maybe he could’ve found an expert witness to shine a light right at all this and thus help hack out the terms?

Lucy DeCoutere’s handwritten loveletter to Ghomeshi is a hateletter to herself. She calls herself a “chicken s–t” for being wary of him; a “freak,” “a—le,” “ridiculous,” “sentimental” and “left in the dust.” When Lucy tells Ghomeshi: “You scared the hell out of me” she’s not referring to his alleged attack but to his “coolness.” The letter is steeped in contradiction: confusion and longing; shock and curiosity; regret and arousal.

My nipple-grabbed friend recalls: “To get angry was to lose connection to something I had only just gotten.” She could almost be Lucy.

I’ve been walking around in a daze since hearing from my friends. I want to mother my younger self and theirs. I want to slap Jian Ghomeshi. When my seven-year-old is older, I plan to sit her down and give her the training: “Lovely: don’t worry about his feelings. Worry about yours.”

If we can learn from this trial, maybe by the time my kid is dating, “sort-of-Stockholm” will be more usefully termed and therefore better acknowledged for the reality it is.

**The names of my friends have been changed and their accounts have been condensed and lightly edited.*

STEEPED IN CONTRADICTION Lucy DeCoutere and Jian Ghomeshi and shown together in 2003 in this exhibit photograph from Jian Ghomeshi’s trial. DeCoutere’s loveletter to Ghomeshi, a key piece of the defence’s case, can be a read as a “hateletter” to herself. HANDOUT/THE CANADIAN PRESS

‘If there was a word to describe wanting to please your abuser, we could just say, ‘Oh, that is a normal reaction.’

It’s time for us to stand with all terrorized people

Faisal Kutty
For Metro

“We almost turned it on when terrorists attacked Ankara since Turks are technically Caucasian,” wrote IslamicaNews referring to the popular Facebook feature that allows members to activate a flag overlay to show solidarity with and honour victims.

The satirical website, putting words in the mouth of a fake Facebook spokesperson, added: “But then we thought, come on ... they’re not like regular white people. Disqualified.”

IslamicaNews is not alone in noticing Western bias in the coverage of terror attacks. Victims are given extensive, sympathetic and prolonged attention when they are primarily white or non-Muslims, while the plight of similar victims in Muslim or developing countries are underplayed or even ignored.

While Western leaders made public statements of solidarity with Brussels (35 deaths), the silence was deafening after the terror unleashed the week before in Ivory Coast (22), Turkey (38), Pakistan (15), Nigeria (22), Syria (11) and Egypt (18). The Easter attack on March 26 in Lahore (65) got a bit more attention.

So far this year, as of March 27, globally there have been 238 terrorist attacks, of which eight took place in the West. Only the Brussels attack took more than two lives. Outside the West, 29 attacks had 10 or more deaths, 20 had more than 20 deaths, 13 had more than 50 deaths and three had more than 75 deaths.

Daesh, Boko Haram, Al Qaeda, Al Shabab and Taliban all have different goals, but they have one thing in common: They have all killed more Muslims than non-Muslims. Though exact figures are hard to muster, based on a 2011 report of the U.S. National Counterterrorism Center and the Global Terrorism Database, we can safely conclude that between 80 per cent and 90 per cent of the victims are Muslims.

One of the reasons for the selective mourning may be because non-Western targets may be perceived as one undifferentiated mass where violence is the norm. Why? Are the dead any less dead or their pain any less because they see more violence?

Another more plausible explanation is ingrained and subconscious racism. In the words of Edward Said, it is due to the systemic “otherization” of non-western people that has its roots in the Crusades and colonization.

The compassion gap places a hierarchy on who is to be grieved and nullifies assertions that everyone’s life matters.

We certainly can’t claim the moral high ground if notions of human dignity are attached to identity and how similar they are to us whether in reality or perception.

True humanity necessitates that we stand not only with Paris, America and Brussels, but with all terrorized people.

Faisal Kutty is an associate professor at Valparaiso University Law School in Indiana and an adjunct professor at Osgoode Hall Law School.

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Blood test for concussions? Researchers report some progress

From boxing to boffo box office

STAR WORKOUTS

High-def screens call for high-def training, says celeb trainer

Danny Musico had no plans to be a celebrity trainer.

But when "fellow (New Jersey) guy" and friend Bruce Willis called the former world champion boxer and asked for a favour — train then wife Demi Moore for G.I. Jane — he began on a course that led him to whipping an aging Rocky Balboa into shape.

Musico trained Sylvester Stallone for the sixth Rocky film, but it was his work on the Oscar-winning Million Dollar Baby that cemented his career. "It was just a whole landslide after Hilary Swank," he says.

Since then he's added Leonardo DiCaprio, Toby McGuire, the cast of HBO's Entourage and singers Jessica Simpson and JoJo to his client list. We talked to Musico from Beverly Hills in California.

What makes boxing a great workout?
It's a full-body workout. Professional boxers, they're probably the most incredible athletes, as far as being in shape, on the planet. As far as getting the body in shape, you're using every single part of your body. Right down to helping you with other things — better balance, coordination and agility — everything comes with the training of boxing.

What's an example of a boxing-inspired workout routine?
I train everybody today like I'm still training someone in boxing, so I do interval workouts. For example, you're going to come in with me and you're going to start by hitting a cardio machine for three minutes as hard as you possibly can. That's warming you up and you're coming off of that machine to catch your breath, you have 30 seconds to a minute to catch your breath and start the next exercise.

Then you're starting three minutes of hitting a (boxing) bag. I may break that three minutes up into 30 second intervals — 30 seconds on with speed, 30 seconds rest. By the time you complete that interval, you're going back to a cardio machine for another three minutes of all-out cardio. Off of there, it may be me making you do a set of curls. That's how your 60 minutes goes, non-stop.

Is that what you call high-definition training?
Yes, HDT. The reason why it's called high-definition training, nowadays with the quality of TVs and all of our social media and everything else like that, you can right out see just about anything on the person you're looking at. You need high-definition training for high-definition TV.

As an actor and model yourself, you must have some insight into what it's like working in an industry so focused on body image.
At the end of the day it's not about getting ready, it's about staying ready. You need to stay ready all the time for when that opportunity comes up, because you never know when it's going to be there. If you have to get ready for it when the opportunity comes, sometimes you miss it.

What are some tips for the average Joe who might not have the resources a celebrity does?
I could get you into shape with a rock and a stick. You don't need expensive gym memberships. It's just about consistency. You have to make sure you do it every day. We all want it. It's about how hard you're willing to work for it. Getting up every single day, working out, eating right, getting the proper sleep, not staying out partying. Those are just the basic tips that are actually the fundamentals of success. TORSTAR NEWS SERVICE

Danny Musico's work on the boxing drama Million Dollar Baby cemented his career as a celebrity trainer. CONTRIBUTED

"I could get you into shape with a rock and a stick... It's just about consistency."
Celebrity trainer Danny Musico

HEALTH PSYCHOLOGY

Tough guys less honest about medical symptoms, study shows

A newly published American psychological study has set out to investigate whether male life expectancy — which is shorter than female life expectancy by an average of five years — could be affected by social and psychological factors like choice of doctor and honesty.

"Why do men die earlier than women?" That's the question Diana Sanchez, associate professor of psychology at Rutgers University in the U.S. and doctoral student Mary Himmelstein, set out to answer in a recent study published in the Preventive Medicine journal and the Journal of Health Psychology.

They found that men who had traditional beliefs about masculinity — such as showing bravery, courage and emotional restraint — were more likely to ignore their health problems or delay acting on them.

The pair studied a group of 250 men, who were given a questionnaire designed to gauge their ideas about manhood and their preferences when choosing a doctor.

The results showed that participants with the highest scores on the masculinity scale were more likely to choose a male doctor, assuming them to be more competent that their female counterparts.

The scientists then recruited 250 university students and gave them a similar questionnaire. Each participant was also interviewed about their health by male and female medical or nursing students.

Paradoxically, the higher they scored on the masculinity scale, the less likely they were to talk openly about their symptoms and current health problems with male doctors. "That's because they don't want to show weakness or dependence to another man, including a male doctor," explains Sanchez.

5 years

"Men can expect to die five years earlier than women, and physiological differences don't explain that difference," researcher Diana Sanchez says.

Ironically, this same group of volunteers was found to be more honest about their medical symptoms with female doctors, the authors found.

The pair published similar findings in 2014 in the Journal of Health Psychology. The study showed that men with strong, traditional ideas about masculinity were less likely to seek medical help, and were more likely to downplay their symptoms and suffer worse health outcomes than women or men who did not share those values. AFP

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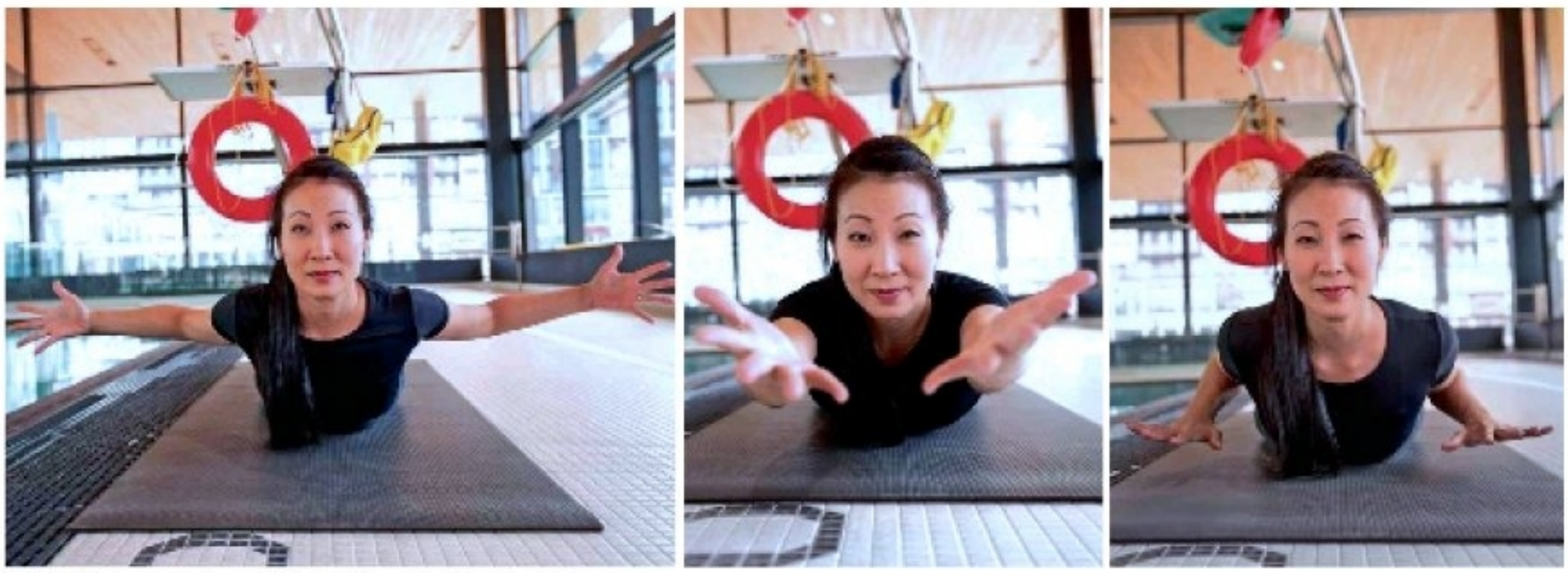
A yoga move for the water babies

CROSS FITNESS

Swimming cobra builds your back, helps shoulders

YuMee Chung
Torstar News Service

Swimming and yoga are so simpatico: they're both deeply relaxing, low-impact activities that emphasize mindful breathing. I unrolled my mat by the pool to bring you yoga designed for you water babies. It's a great way to strengthen the back while warming up your shoulders.



YuMee Chung goes through the motions of swimming cobra. TORSTAR

Swimming Cobra

1. Lay face down on a yoga mat with hands resting underneath your shoulders. If your hips are especially bony, you may want to fold your mat in half to add extra padding.

2. Lift head, shoulders and chest away from the ground while keeping the pubic bone and tops of feet anchored.

3. Now lift the hands a few centimetres away from the mat, to ensure the extensors of the back are working to hold you up. Turn the palms to face skyward and do an exaggerated breaststroke. Imagine the movement originates at your shoulder blades and give them a little squeeze towards the spine as your elbows come in close to your sides.

4. Swirl the arms three times in one direction before heading in the opposite direction.

5. Finish by lowering to the ground and resting arms by your sides. Turn the head to one side and give the hips a little jiggle to nurture the lower back.

Swimmer's Shoulder

Swimming is an unusual sport in that it requires above-average shoulder strength, flexibility and range of motion. As a result, shoulder pain stemming from overuse, misuse and abuse is extremely common in competitive swimmers, so much so that it has been given the name swimmer's shoulder.

According to one study, swimmers who engage in other sports are less likely to have shoulder pain.

A number of prominent swimming clubs have even added yoga to their dry land training.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yogwa teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

More than two caffeinated drinks per day in the weeks leading up to conception may increase the risk of miscarriages. ISTOCK

RESEARCH

Caffeine increases miscarriage risk

Women have an increased risk of miscarriage if they or their partner consume more than two caffeinated drinks a day in the weeks leading up to conception, a new U.S. study found.

Women who drink more than two caffeinated beverages per day during the first seven weeks of pregnancy were also more likely to have a miscarriage, according to the study published online last Thursday in the journal Fertility and Sterility. But rates of miscarriage are reduced for women who take a daily multivitamin before and after conception. The study, carried out by researchers from the National Institutes of Health and Ohio State University, was based on data from the Longitudinal Investigation of Fertility and the Environment (LIFE) Study.

That study followed 501 couples in Michigan and Texas from 2005 to 2009, examining the relationship between fertility, lifestyle and exposure to chemicals in the environment.

The current study compared cigarette use, caffeinated beverage consumption and multivitamin use among 344 couples when the woman was carrying a single offspring. Of these pregnancies, 98 — or 28 percent — ended in miscarriage.

"Our findings also indicate that the male partner matters, too," said lead author Germaine Buck Louis, director of the Division of Intramural Population Health Research at the NIH. "Male preconception consumption of caffeinated beverages was just as strongly associated with pregnancy loss as females." AFP

HEALTH BRIEFS

Exoskeleton suit allows paraplegics to walk

California-based inventor Homayoon Kazerooni has unveiled a new exoskeleton that will allow paraplegics to walk, reports Zdnet. With his suitX robotics company, Kazerooni developed Phoenix, the lightest exoskeleton available at 27 pounds. Kazerooni is dedicated to helping those with spinal cord injuries, and in 2011 offered a suit to pilot Austin Whitney, who was injured in a car accident. AFP

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Lauren Conrad knows how to celebrate

ADVICE

Former star of The Hills has become an etiquette expert

In her teen years and early 20s, Lauren Conrad made her mark on MTV's The Hills and Laguna Beach: The Real Orange County. But since then, the Californian fashionista has replaced friend drama and internships with a flourishing and unabashedly feminine business empire.

Now 30 — and hitched since 2014 to her lawyer beau and fellow Californian William Tell — Conrad is a fashion designer and writer. She also makes time for something close to her heart: party planning.

Her new book, Celebrate, covers all the bases, from throwing birthday parties or engagement parties to baby showers or brunch, and everything in between. Here Conrad chats about the joys of celebrating, wedding-day stress and her favourite party essentials.

Lauren Conrad covers all the party planning bases in her new book, Celebrate. CONTRIBUTED

In any celebration, what do you think are the essentials for everyone to have an amazing time?
I think you treat guests as you would want to be treated. Making sure there's good food and drink and making sure it's convenient; those are the basics. People don't always remember the small things because they're so well put-together. It's about creating an environment where people can really enjoy themselves.

You planned a big celebration of your own a couple years back, tying the knot with William. Did all the buildup to your own wedding shape your party planning sensibilities?
It taught me a lot! It was like a crash course. Just the idea of putting together the plans and making sure everything is executed — it took almost a year to plan and there are so many moving parts. It's so important to be organized and make sure everything is consistent.

Any crisis moments on the big day?

> **I think you treat guests as you would want to be treated. ... It's about creating an environment where people can really enjoy themselves.** Lauren Conrad

Not really, honestly. My wedding planner is one of my best friends, so that was helpful. We didn't have anything nuts happen at our wedding. But the best man's speech was actually given by two of my husbands' best friends and it was 27 minutes long. My planner came up to me and said, "27 minutes?!" And the biggest stress of planning our wedding was making sure there was security to make sure it remained between us and our guests.

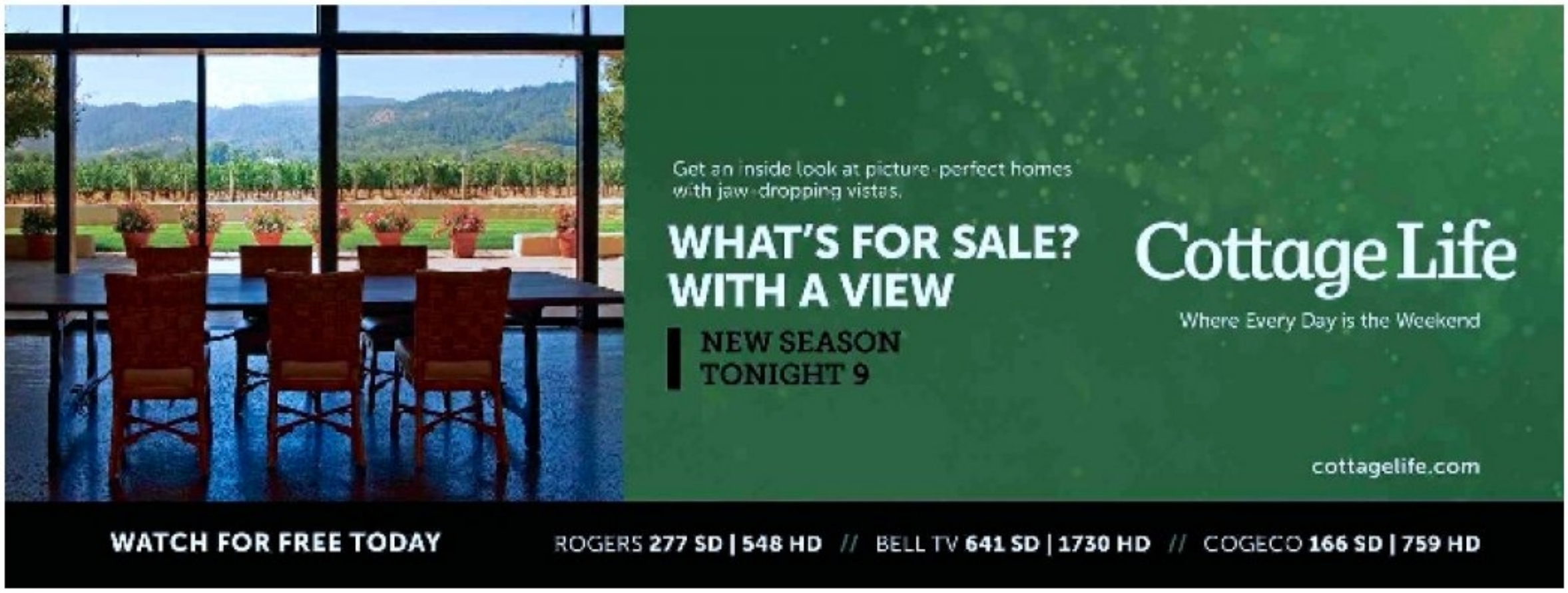
Where does your love for party planning come from?
I grew up in a creative environment, and I love the idea of looking forward to something and celebrating parts of life and creating special occasions. It's nice to plan ahead and get together with people you love, otherwise weeks turn into months.

Many of us watched you grow up over the years through your reality shows. How has your style changed since your early days on television?
I think my style always represents where I am in life. Yesterday, we were shooting and I had to put on heels. I remember having to wear heels every day, but I'm usually barefoot more often than wearing heels now, because I'm working from home, writing and doing shoots here.

On your website, you have an entire category dedicated to "ladylike laws." What does being a lady in 2016 mean to you, when it comes to party etiquette?
I love etiquette. It's this rulebook that's been put together for us. If you know the rules, you know how to behave — and they're there for a reason, most of the time. I think a formal place-setting can be a little regressive . . . but for the most part, I think it's important these rules are in place so we can be aware of other people's feelings and avoid awkwardness.

Is there a certain etiquette rule you hate to see broken?
This is such a simple one, but it drives me bonkers: People still wear white to weddings. It drives me crazy. I was at a wedding last week and someone wore a full white dress. That will never make sense to me.

TORSTAR NEWS SERVICE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Number 1 story about number 2

FLUSH WITH EMBARRASSMENT

First-date horror story goes viral on Twitter

Toronto's Makela (@_blotty on Twitter) tweeted a story about removing poop from her date's toilet when it didn't flush. TWITTER

Everybody poops. But most aren't as open about it as Toronto Twitter user Makela, aka "@blotty," who withheld her last name "so (she) can get a job in the future."

"I have a story to tell. It is about my poop," she wrote on Twitter in a series of 18 tweets that have gone viral, detailing a first-date horror story in which she retrieved the offending matter from a toilet, wrapped in toilet paper and put it in her purse, and went back to kissing her date on his couch.

Some of the tweets have garnered upwards of 8,000 retweets and thousands more likes, with users calling her a "hero" and asking for her autograph.

At the time of nature's call, 19-year-old Makela didn't consider "holding it," she told Torstar News Service in an exclusive interview.

"This is just something that happens. Everybody poops," said the Calgary native, who plans to go to university for social work or psychology in September. "I don't think I realized what I was doing was completely insane until I put it in my purse and I sat down (on his couch) and he called me beautiful."

Her story, reminiscent of an episode of Comedy Central's Broad City in which a character removes a poop from a toilet during a power outage, has not been verified by the Star. Makela insisted that the story is true: "I didn't make it up. If I wanted to do something for attention I wouldn't pick something SO embarrassing," she wrote on Twitter.

> **Now I'm just the poop girl.**
> Makaela a.k.a. @_blotty

When the toilet wouldn't flush in her date's bathroom, she got crafty. Makela removed the offending matter using a glove of toilet paper, and wrapped it up into a small package with more toilet paper, at which point she decided it was best to put the waste matter in her purse's inner pocket and get back to her date.

On the couch where they kissed and he called her beautiful, all she could think was "I have a piece of my poo in my purse," she tweeted. When she had a moment, she texted her sister for advice, who suggested she pretend she was a smoker and dispose of the dropping outdoors.

A few hours passed and her date used the bathroom. She heard a flush, and figured he had fixed the toilet, so she had to try flushing it again.

"I brought my purse up to the washroom. Unwrapped the poop, prayed to every god I know, put it in and flushed," she wrote. Her prayers were answered: "By the grace of God, it worked. The poo flushed. I was free. I was in the clear. Everything was going to be okay. I survived. I am a survivor (sic)."

"All of the hard work I put into being a hot girl is tarnished by one teeny tiny poop story," she wrote on Twitter. "Now I'm just the poop girl."

But, a "confident, calm and self assured woman," Makela will try to get more out of the unexpected Internet fame than Twitter users claiming her tweets belong in an art gallery. On Wednesday, she sent a tweet-plea to Ellen DeGeneres asking to be on her talk show. After all, "My poop is popular," she wrote.

Makela has not received a response from DeGeneres' camp.

Instead, she has set up a PayPal.Me account accepting contributions to her "new purse fund." She has since dumped the original purse. TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Chelsea Does listen, sort of, learns something new

THE SHOW: Chelsea Does, Season 1, Episode 3, Racism (Netflix)
THE MOMENT: The round table

Chelsea Handler, left, with civil rights activist Al Sharpton. CONTRIBUTED

Comedian and talk-show host Chelsea Handler sits at a boardroom table surrounded by members of several anti-defamation leagues. "When you make fun of Asian people on television, it gives other people permission to," the spokesman from the Media Action Network for Asian Americans tells her. She replies that she makes fun of everyone.

The advocate from the NAACP tells her that it's racist to joke that black men have large penises. She insists that he should be flattered, not offended. "If you're attacking everyone, you eliminate the concept of racism," she maintains.

In all four Chelsea Does episodes (the other three are Marriage, Silicon Valley, and Drugs), Handler sets herself up as a typical American — ignorant, but with strong opinions. As in the scene above, she appears to be listening, but she's mainly talking. She travels around the U.S., or the world, and asks a lot of questions. By the end, she's learned (and taught us) something.

It's a simple conceit, but the strength of Handler's interviews makes it work. She's not afraid to offend, so she asks bold questions; she's genuinely curious, so she sparks conversations. Ultimately, what she thinks doesn't matter — what matters is the forum she gives others.

In the final minutes of this episode, a Native American spokesman tells her America is in trouble because it's all about "me," whereas his people think in terms of "us." If we could all do that, racism would evaporate. A sign that Handler has learned something: She doesn't retort.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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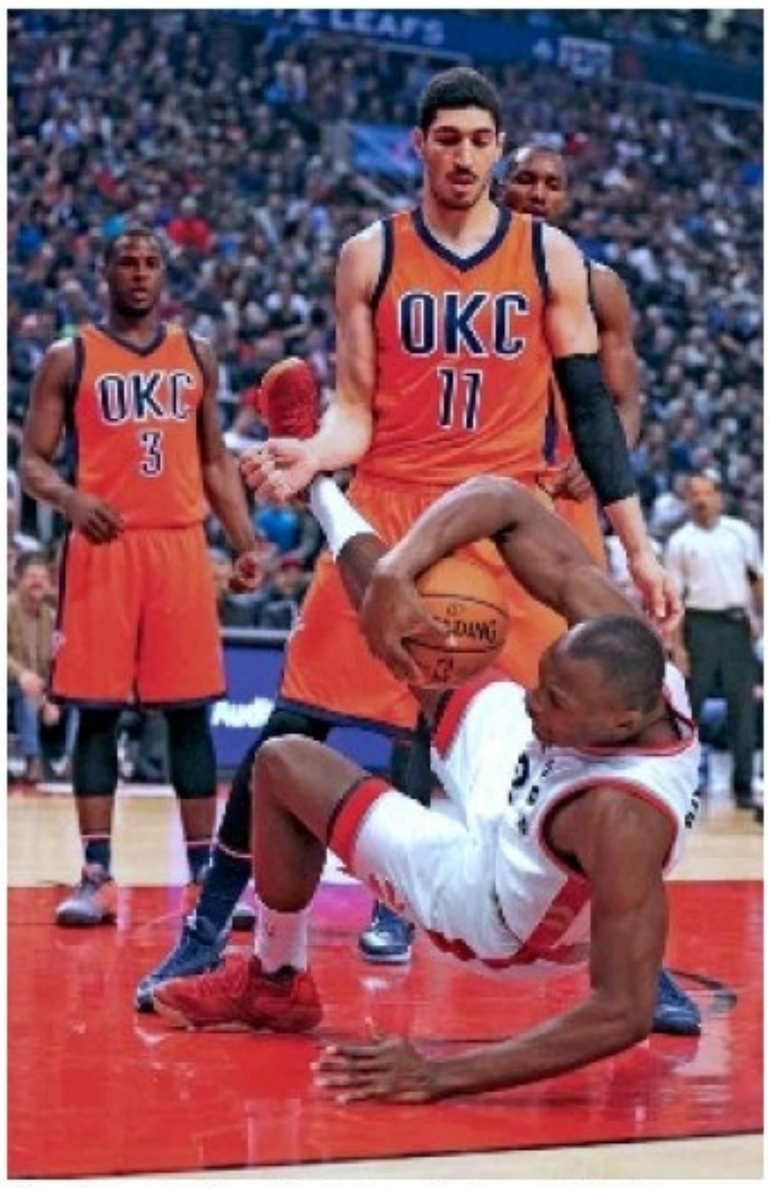
metro SPORTS

Marie-Philip Poulin has been named Canada's captain for the women's world hockey championship for a second straight year

Raptors' shot at 50 shaken by Thunder



Thunder centre Enes Kanter knocks down his Raptors counterpart Bismack Biyombo on Monday.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

NBA

Toronto still stuck on 49 wins after loss to Oklahoma

Kevin Durant scored 34 points and Russell Westbrook, with his 16th triple-double of the season, added 26 as the Oklahoma City Thunder extended their winning streak to a season-high eight games with an emphatic 119-100 win over the Toronto Raptors on Monday night.

The victory gives Oklahoma City (52-22) its best stretch since a 10-game run from Jan. 16-31, 2014.

Toronto (49-24), the only NBA franchise without a 50-win season on the books, was hoping to become the fifth team this season to hit 50 victories — joining Golden State, San Antonio, Cleveland and Oklahoma City. The Raptors will look to hit the plateau Wednesday when Atlanta visits the Air Canada Centre.

Westbrook finished with 11 rebounds and 12 assists. Durant added eight and eight.

DeMar DeRozan led Toronto with 19 points. Norman Powell had 18 and Kyle Lowry 14 for the Raptors, who led just once in the game.

Trailing 97-74 after three quarters, Toronto cut the lead to 14 in the fourth. But the night belonged to Oklahoma City.

Asked beforehand if the game was a litmus test, Toronto coach Dwane Casey replied: "Well I don't know if it's a litmus test. It's a hell of a test, I know that, against OKC?"

Oklahoma City came into the game the hottest team in the league, with an average margin of victory of 16.9 points during its win streak.

The Raptors were coming off a weekend win over the injury-plagued Pelicans in New Orleans, following road losses in Houston and Boston.

THE CANADIAN PRESS

1988-89

Westbrook's triple-double tally is the most since Magic Johnson's 17 in 1988-89 while Durant scored 20-plus points for the 59th straight game.

MONDAY At ACC

119	100
THUNDER	RAPTORS

The Leafs' Zach Hyman scrambles for a puck in front of Ben Bishop on Monday in Tampa. STEVE NESIUS/THE ASSOCIATED PRESS

NHL

Leafs can't avoid stormy night in Fla.

Victor Hedman had a goal and an assist, Ben Bishop made 34 saves and the Tampa Bay Lightning beat the Toronto Maple Leafs 3-0 on Monday night to move into a tie for first place in the Atlantic Division.

The Lightning's other goals came from Mike Blunden and Ondrej Palat. Steven Stamkos and Erik Condra each had two assists.

Bishop got his first career shutout against the Leafs. It was his sixth shutout of the season and 18th of his career.

The Lightning and Florida Panthers are tied with 93 points. Florida faces Toronto on Tuesday night.

Leafs goalie Garret Sparks made 15 saves.

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IN BRIEF

Parise named best of week
Minnesota Wild left-winger Zach Parise, St. Louis Blues goaltender Brian Elliott and Pittsburgh Penguins right-winger Phil Kessel have been named the NHL's three stars for the week.

Parise had five goals and seven points in three games, Elliott stopped all 52 shots he faced over two appearances and Kessel shared the league lead in assists (five) and points (seven). THE CANADIAN PRESS

IN BRIEF

Kuznetsova outplays Williams in 4th round

Serena Williams had been eliminated from the tournament for less than 20 minutes when she climbed into her white Mini Cooper with the checkerboard top and pulled out of the players' parking lot, fastening her seat belt as she drove.

Williams' 20-match winning streak at Key Biscayne ended Monday with a 6-7 (3), 6-1, 6-2 loss to Svetlana Kuznetsova in the fourth round of the Miami Open.

Williams was bidding for her ninth title in the event and her fourth in a row. But after a grueling first set that lasted nearly an hour, the 21-time Grand Slam champion faded on a sweltering afternoon. THE ASSOCIATED PRESS

Yarmolenko goal gives Ukraine 1-0 win over Wales

Andriy Yarmolenko scored the only goal Monday as Ukraine won a friendly international 1-0 against a Wales team which was missing Gareth Bale over fitness concerns.

Ukraine's goal came in the 27th minute from a well-worked free kick routine with Ruslan Rotan lobbing the ball over the wall for Yarmolenko to prod past Wayne Hennessey. THE ASSOCIATED PRESS

Mets' Matt Harvey may miss opening day

New York Mets pitcher Matt Harvey has been scratched from his final spring training appearance and could miss his opening day start at Kansas City on Sunday because of an unspecified related medical issue. THE ASSOCIATED PRESS

Yanks want to see Masahiro Tanaka start Tuesday

Masahiro Tanaka's final spring training start Tuesday against Philadelphia will likely determine whether he will be the New York Yankees' opening-day starter.

Tanaka has a 7.36 ERA in four starts and gave up seven runs in four innings against Washington on Wednesday. THE ASSOCIATED PRESS

Aaron Sanchez joins Jays' starting lineup

MLB

Stroman to start on opening day against Tampa

John Gibbons has settled on right-hander Aaron Sanchez being in the Toronto Blue Jays' starting rotation.

Sanchez's role — be it in the starting rotation or bullpen — was one of the most contentious issues in spring training for Toronto. But Gibbons settled the debate Monday.

"It's exciting for us all," Gibbons said of Sanchez, who beat out Gavin Floyd and Drew Hutchison for the starting job. "We think the sky is the limit for him.

"Who knows how good his career turns out? On one end of it, it's exciting to tell him; and on the other side, it's tough telling the other guys."

Aaron Sanchez was named the Jays' fifth starter on Monday.
CHRIS O'MEARA/THE ASSOCIATED PRESS

Sanchez, 23, has had a solid spring, posting a 1.35 earned-run average over 20 innings. But how long Sanchez remains in the starting rotation remains to be seen as Gibbons would only say Sanchez will open the season there, adding his workload will be monitored and he could return to the bullpen sometime during the year.

Sanchez started 11 games last season but did make 30 appearances as a reliever. He threw 92 1/3 innings during the regular season, then 7 1/3 innings in the playoffs.

Marcus Stroman will be Toronto's opening-day starter Sunday at Tampa Bay.

With Sanchez earning a starting role, Floyd will pitch out of the bullpen while Hutchinson, last year's opening day starter, was optioned to Triple-A Buffalo.

In other moves Monday, the Jays claimed catcher/first baseman Jesus Montero from the Seattle Mariners. To clear a roster spot, Toronto designated catcher A.J. Jimenez for assignment.

Montero, 26 appeared in 38 games with Seattle last season, hitting .223 with five home runs and 19 runs-batted in.

On Sunday, Hutchison escaped injury in Toronto's 7-3 exhibition win over Tampa Bay. He was struck in the back of the head by Jimenez's throw to second base on an attempted stolen base. THE CANADIAN PRESS

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RECIPE Lamb Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lamb may seem decadent for a Tuesday night but these burgers will be worth it once you enjoy every cumin spiced bite.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes

Ingredients
- 1 lb ground lamb
- 1/4 cup red onion, finely minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano (or 2 tsp fresh)
- 1 tsp cumin
- salt and pepper
- mini pitas
- lettuce leaves, washed and torn
- tomatoes, sliced
- tzatzki

Directions

1. In a large bowl, mix lamb, onion, parsley, oregano, cumin and salt and pepper until everything is well combined. Cover and place in the fridge for 10 minutes.

2. Remove from the refrigerator and form the meat into small patties — you should get about 8 or 9 out of the batch. Place them on a clean plate.

3. Heat your grill or pan to medium, medium/high heat and if you're using a pan, add a bit of vegetable oil. Cook your burgers, about 5 minutes on each side until the internal temperature is 160 degrees. You'll need to work in batches, you don't want to overcrowd the pan.

4. Cut each pita in half and tuck in a lamb patty, some lettuce, tomato and a good dollop of tzatziki and serve.

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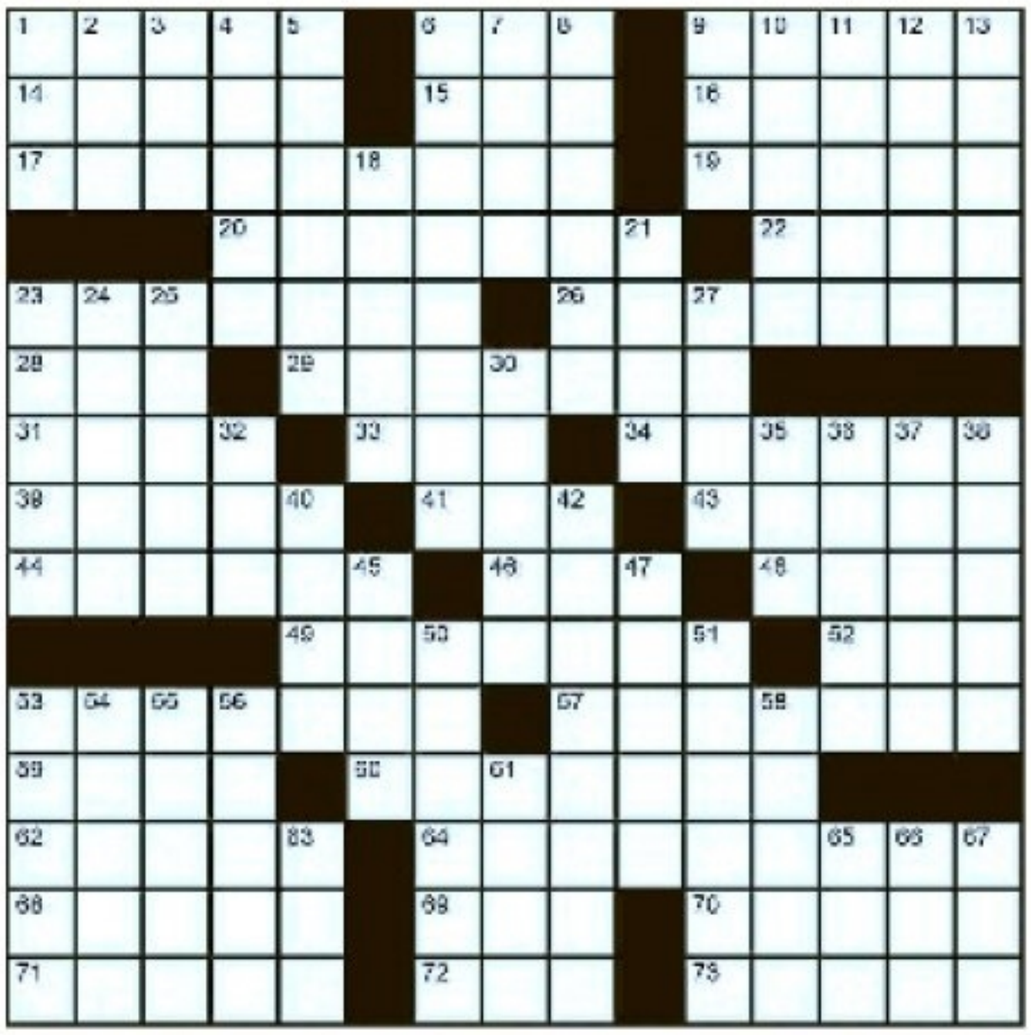
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canuck music quintet, Canadian _
6. Q. "_ '_' what BC's big river starts with?" A. "Indeed, it's called the Fraser."
9. Colorado resort
14. Hokey
15. Pas toi
16. Gleamed
17. As per #8-Down... _ champions (#50-Down this year considering they won at the same event in 2015 in Shanghai)
19. Self-respect
20. Remove from the rough draft: 2 wds.
22. Pre-owned
23. Sunshine-y singer for The Waves
26. Joni Mitchell's "Raised on _"
28. Yalie
29. 1988 Margaret Atwood novel about a painter named Elaine Risley: 2 wds.
31. 'Cook' the cookies
33. Cleave
34. Talk, testy-style: 2 wds.
39. "Witness" (1985) folk
41. Fido
43. 1988: "Wishing Well" by Terence Trent _
44. American city hosting #8-Down
46. "_ la la!"
48. _ earrings
49. Bits of food taster
52. Abel's mom
53. Menswear item
57. Imagined
59. Beauty brand
60. As per #50-Down... Eric _
62. Hairy, like a horse
64. Experiment subject: 2 wds.
68. Rocker Mr. Winter
69. FMs opposites
70. Pain
71. Prepared
72. No, informally
73. Rationalist's belief in God

DOWN
1. Alphabetic trio
2. Caviar
3. Canine's communication!
4. Villain's grin
5. Representative, such as in business transactions
6. Mimicked
7. Mozart aria: "Dove _"
8. March 28th to April 3rd... 2016 ISU World _ Skating Championships
9. Naja Haje
10. Bush
11. Grace
12. Bitter-_ (Diehard)
13. Dependent
18. Alice's cat in "Alice in Wonderland" (1951)
21. Mattel products
23. Shish _ (Skewered appetizer)
24. Western starring Canadian actor Glenn Ford, "The Man from the _" (1953)
25. Polynesian amulets
27. Grand _, Ontario
30. Hawk's prey-spotting descent
32. Superlative suffix
35. "Woow!"
36. Preamble
37. Overhead
38. Click clicked on the computer
40. Party thrower
42. Aquarium denizen
45. Depilatory brand
47. Wading bird
50. Canadian pairs team set to compete at #8-Down... _ Duhamel & Eric _ (For Eric's last name, see #60-Across!)
51. Start over from the top of the page
53. One giving titles to books, say
54. Dodge
55. Line dance at a party
56. Prepare the pizza dough
58. Oft-quoted phrase
61. Russian assembly
63. Not wet
65. Hawaiian cuisine staple
66. Entries
67. Fitness facility

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are in a serious frame of mind today, you will want to deal with practical issues. You will not get sidetracked by frivolous matters.

Taurus April 21 - May 21
Any kind of research will go well today because you are determined to get answers and find what you are looking for. This could pertain to shared property or inheritances and such.

Gemini May 22 - June 21
This is an excellent day to sit down with members of groups or a personal friend to make long-range plans for the future. These plans might include your partner.

Cancer June 22 - July 23
You will impress bosses and people in authority today because you have a serious attitude. You want practical results now and in the long-term future.

Leo July 24 - Aug. 23
Make future travel plans today because you will cover every detail. This is a good day to explore avenues in publishing, higher education, medicine and the law.

Virgo Aug. 24 - Sept. 23
This is an excellent day to deal with red-tape issues regarding inheritances, taxes, debt and shared property. You won't overlook details, because you're on your game!

Libra Sept. 24 - Oct. 23
Serious discussions with partners and close friends will take place today. However, it will be a good thing because you will cover a lot of ground and get a lot done.

Scorpio Oct. 24 - Nov. 22
Choose today to tackle routine work you might have been avoiding. Your powers of concentration are excellent, and you will be detail-oriented. Just get it done.

Sagittarius Nov. 23 - Dec. 21
Romantic partners can discuss how to share expenses and deal with the division of labour in a relationship. Others will address the care and education of children.

Capricorn Dec. 22 - Jan. 20
It's a good day to think about home repairs or what needs to be done to fix broken items at home. You want solid solutions for practical problems.

Aquarius Jan. 21 - Feb. 19
This is an excellent day for any kind of long-range planning, because you are in a practical frame of mind plus you are looking ahead to the future.

Pisces
Feb. 20 - March 20
If shopping today, you will want to buy only practical, long-lasting items. No ostrich boas for you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	8			2				
2		1	8					
	4			5				
	5		1					
3		6				4		2
					7		6	
				6			2	
					9	3		5
				8			1	9

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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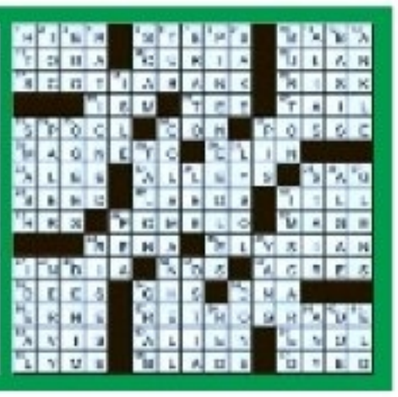
7	4	3	2	1	8	6	5	9
1	6	9	7	5	4	2	8	3
8	5	2	3	9	6	4	7	1
3	9	8	6	4	1	5	2	7
5	7	6	9	8	2	1	3	4
2	1	4	5	7	3	9	6	8
4	2	1	8	3	5	7	9	6
9	3	5	1	6	7	8	4	2
6	8	7	4	2	9	3	1	5



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